

Subject PSHE

Year 10

Curriculum Overview

Intent: Students study PSHE because it acts as a bridge between home, school and society. It provides them with the knowledge, skills and experience to be able to thrive both in their academic careers and in their lives as adults. PSHE offers them a safe space to develop as learners and human beings, and to explore their own understanding of the world around them. The overall aim of PSHE is to enable students to make informed choices with their language and behaviour. Within this subject, students will gain an understanding of structures within society, including political structures, financial and legal systems. The aim of this is to help students to be able to navigate these institutions successfully and have access to the resources that they will need to be successful. The content of these lessons is regularly linked to the Fundamental British Values and to developing an understanding of the Protected Characteristics. This curriculum includes statutory Relationships Sex and Health Education and PREVENT education. It also contributes to meeting the Gatsby Standards by looking at careers. Assessment within these lessons aims to ensure that knowledge has been acquired successfully as well as to give opportunities to identify and correct misconceptions.



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	AUTUMN 1	AUTUMN 2	SPRING 1A	SPRING 2	SUMMER 1	SUMMER 2
Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	Financial Literacy <ul style="list-style-type: none"> - Using financial terms with accuracy - Budgeting - Sustainable spending - Gambling and social gaming 	Mental Health and body modification <ul style="list-style-type: none"> - How to support our emotional wellbeing. - Mental illness - Impact of social media - Tattoos and piercings 	Healthy relationships and sexual health <ul style="list-style-type: none"> - Identify healthy relationships. - Look at consent - Child Sexual Exploitation - Using condoms effectively - Sexual health checks 	The law: influence of media and gangs <ul style="list-style-type: none"> - Why laws are important - How the legal system works - How does the media portray gangs? - Myths and facts about gangs - How to deal with peer pressure. 	Prevent education, including cults <ul style="list-style-type: none"> - Fundamental British Values. - Extremism and radicalisation. - PREVENT - Cults 	Work experience preparation <ul style="list-style-type: none"> - Expectations and etiquette for work experience placements - First aid
Additional support links: Here are links to additional resources which will help your child	Barclays Life Skills resources: https://barclayslifeskills.com/ GamCare: https://www.gamcare.org.uk/	Childline: https://www.childline.org.uk/ YoungMinds: https://www.youngminds.org.uk/ Link to Hart School ARCS: http://arcs.hartschool.org.uk/ Also available at the bottom of the Hart School Website.	Childline: https://www.childline.org.uk/ Brook: https://www.brook.org.uk/topics/contraception/ Link to Hart School ARCS: http://arcs.hartschool.org.uk/ Also available at the bottom of the Hart School Website.	Advice from Family Lives: https://www.familylives.org.uk/advice/teenagers/behaviour/gangs Link to Hart School ARCS: http://arcs.hartschool.org.uk/ Also available at the bottom of the Hart School Website.	PREVENT: https://www.counterterrorism.police.uk/what-we-do/prevent/ To Think Again: https://www.tothinkagain.co.uk/ Link to Hart School ARCS: http://arcs.hartschool.org.uk/ Also available at the bottom of the Hart School Website.	BBC Bitesize: https://www.bbc.co.uk/bitesize/careers Barclays Lifes Skills for Parents: https://barclayslifeskills.com/lifeskills-for-parents/
Knowledge: Included here is the specific knowledge your child will learn in detail	How bank accounts work. Why budgeting is important. Key terms involved in banking and finance. The consequences of our spending choices. How to use social gaming and gambling platforms responsibly.	How we can support our own mental wellbeing using a range of strategies. Understand different examples of mental illness and how they can be supported. Identify ways that social media and filters can impact self-esteem and mental health. Learn about how to minimise risks with tattoos and piercings and care for them effectively.	What healthy and unhealthy relationships look like. How consent can be shared, verbally and non-verbally. Signs of Child Sexual Exploitation and where people can go for help. How to use condoms effectively. What is involved in a sexual health check and why this is important.	Understanding of how the legal system works in the UK. The law regarding activities common within gangs. Myths and facts about gang culture. Ways that gangs are portrayed in the media. Strategies for dealing with peer pressure.	Understanding of what makes ideas extreme ideas and how people aim to radicalise others. What the PREVENT Strategy involves and how people can find support for themselves or others. What a cult is and how to support a friend or family member who has become involved in a cult.	Dealing with chest pains, bleeding and shock. Key expectations and etiquette for entering a workplace for work experience
Skills: Included here is the specific skills your child will learn in detail	How to create a budget. Developing critical thinking when making decisions about how to spend money. Building resilience and healthy habits when using social gaming.	Develop skills for managing emotional wellbeing. Become more critical when using social media. Practice good hygiene if getting a tattoo or a piercing.	Self-awareness when in relationships. Communication skills around relationships and consent. How to use a condom effectively.	Critical thinking skills when looking at information about gang culture. Communication skills when facing peer pressure.	Critical thinking skills when approaching ideas. Communication skills when dealing with extreme ideas.	Communication skills for a workplace. Practical first aid skills.
Common Lexicon: These are the key words and terms learnt. These can be found on knowledge organisers.	Budget Bank account Statement Direct debit Standing order Debt Credit card Debit card Sustainable Gambling Lootbox Dopamine Addiction FOBT Nearly-win	Emotional wellbeing Mental health Depression Anxiety Stress Coping strategy Selfie-dysmorphia Hygiene	Consent Child Sexual Exploitation Bystander Contraception Condom Sexual Health	Criminal law Civil law Crimes against the person Crimes against property Crimes against authority	Extremism Radicalisation Cults	Shock Blood loss Expectations Etiquette

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